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MARIN  
VILLAGES



Our Paths - Our Choices

Empowering older adults to remain active,  
connected and independent in the place they  
call home.

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## MARIN VILLAGES

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### MARIN VILLAGES UPDATE

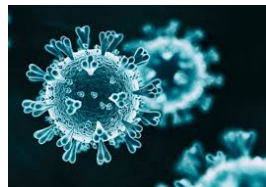
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**August 25, 2020**

Dear Marin Villages members and volunteers,

Yikes, take your vitamins—there's a lot to contend with these days!

### COVID-19 UPDATE



Just when we were starting to see some decline in the COVID-19 case rate in Marin, we now have wildfire safety issues complicating things! Wildfire smoke has resulted in a dramatic decline in air quality in Marin, making outdoor activities hazardous to health, even if we are wearing

masks to help reduce the spread of the virus. So, staying mostly indoors just became even more important than before. In particular for our age demographic, plans for outdoor activities should be cancelled or postponed as long as air quality remains poor. Check out this brief video message from Dr. Matt Willis from last Friday explaining how wildfire smoke and the potential need for evacuations to shelters may increase vulnerability to COVID-19.



Dr. Matt Willis: Wildfire Impacts on the COVID Response

**FIRE SEASON HAS DEFINITELY ARRIVED**



Speaking of wildfires, the proximity of the current fires has heightened the need for us all to think about taking some steps now in case an evacuation order is issued. Thinking ahead can save lives. First: if you no longer drive, arrange now with a friend, family member, or neighbor to help you in case of emergency (or call the Marin Villages office if you'd like a volunteer to help you flesh out the missing parts of your emergency plan). Second, give some thought to what you would take if you have to leave suddenly. If possible, prepare a "go bag" now with critical items and put it where you can easily grab it. The chart below offers some suggestions for what to include. Everybody's needs are different, but you can use this as a checklist and adjust to suit your situation.

Be sure you are signed up for AlertMarin, so you receive alerts in emergency situations: call (415) 473-6584 or [register online here](#).

You may also want to listen to this webinar today, Tuesday, August 25th at 6:00 pm, offered by FireSafe Marin. Join on [Facebook](#) live stream or [via Zoom here](#).

Or this program from PG&E which was postponed from last week: *PG&E Wildfire Safety Webinar and Town Hall*. Wednesday, August 26th, at 5:30. You can dial in toll free at (860) 501-6088 and enter the Conference ID: 3567527. Or click on the [link from the PG&E website](#) listing this event.

["Go bag" suggestions](#)

Critical Items -- if you have only 15 minutes notice—have these items at hand, or already packed.	Additional items--if you have 30-minutes notice--you can expand what you take, as long as you have room in whatever vehicle you will use.
Wallet/purse with ID, keys, glasses	Everything on prior list, plus
Cash, credit/debit card	Cooler with ice/food/water for 3 days, plus utensils
Medicine and special food you need regularly	Clothes for 3 days
Bottle or thermos of water	Toilet paper and paper towels
Hearing aids, batteries	Additional masks, gloves, first aid items
Cell phones, chargers	Important legal papers—deeds/wills, advance directive, etc
Pets, carriers, leashes, meds, dry food	Previously prepared personal property list
Masks, gloves, hand sanitizer or Lysol wipes	Precious family items or photos
Portable emergency kit (flashlight, transistor radio, first aid items, etc.)	Computer or laptop
Flashlight (if not in emergency kit)	Precious jewelry
List of important contact numbers (prepared in advance!)	Checkbook and pending bills to pay
Jacket or sweatshirt or blanket	Safe deposit box keys
Tennis or other walking shoes	

## TIME MARCHES ON!



Hey, not all the news is bad or scary. We have eight Marin Villages members celebrating their 90th or a 90+ birthday this month! Virtual hugs and pats on the back to Betty Engels and Mary Cosgrave, who join the 90s club this month, and to Carol Roecks and Marge Wrench, who can celebrate being 91; Mary Wilson, who can celebrate turning 94; Marion Valdez, who can celebrate turning 95; Gloria Kuhnhausen, who can celebrate turning 97; and Libby Byers, who can celebrate turning 98!! That's a lot of celebrating going on. Happy, happy birthday greetings to you all!

## THINGS TO DO WHILE SHELTERING IN PLACE

**Check out our Things to Do List!** Among other suggestions, additions this week include links to songs by composers as diverse as King Henry

VIII and Sammy Cahn, new art exhibitions and museums to virtually tour, a link to the Aspen Institute New Ideas forum, some silly videos, more resources to deepen our understanding of racism in America, and some offline activity suggestions. Thanks to everyone who is sending us suggestions for inclusion on this list! [You can access the list here](#) and a copy will also be emailed to all on Thursday.

## **MARIN VILLAGES PROGRAMMING**

### **Growing Up in Ireland During the Troubles**

Wednesday, August 26, 3:00pm



Colin Crawford, a Marin Villages volunteer whom many of you know from our Zoom training workshops, will talk about his experiences growing up in Belfast, Northern Ireland, in the 70s and the issues and realities of life there at that time. It was a period of unrest and danger that spawned a civil rights movement, sectarian violence by Catholic and Protestant paramilitary groups, and the collapse of government and direct rule from the UK. You must RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### **Why I love OT**

Monday, September 14, 3:00pm



Marin Villages Board Member Gina Tucker-Roghi will hold forth on occupational therapy (OT) in a Zoom interview for us on Monday,

September 14, at 3:00pm. Some think OT stands for “overlooked therapy,” and it’s true OT’s scope and value are often not well understood. But occupational therapists help millions of people live better, healthier lives. Come find out what it’s all about and why Gina has made work in this area her career. RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### Annual Volunteer Recognition Party

Saturday, September 26th at 3:00pm



On Saturday, September 26th, at 3:00pm, come Zoom with us as we celebrate our wonderful Marin Villages volunteers. They make every day better! RSVP to the office to receive the Zoom link for this gathering. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### **OTHER PROGRAMS OF INTEREST**

The Marin Coalition hosts Noah Griffin today, Tuesday, August 25th at noon, for an online talk titled *Seize the Moment: The Ongoing Fight for Social Equality*. [Register here](#). Short notice, but programs are often recorded and then posted on the Marin Coalition website.

### CLOSING THOUGHTS

Here’s a little something to keep the juices flowing, just in case you need a boost of energy.



Glen Campbell: *William Tell Overture*

Cherie Sorokin, President, Marin Villages  
Peter Lee, Interim Executive Director

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